



Halibut With Oranges, Olives and Basil

Ingredients

1/2 cup black olives - pitted and roughly chopped
Juice from 1/2 a large orange
3/4 cups finely chopped fennel
Pinch of chili flakes (optional)
1/2 tablespoon plus 1 teaspoon extra-virgin olive oil
4 blood or navel oranges - peeled and seeded
Pinch of salt and pepper, plus more to taste
4 (6-ounce) halibut fillets
1/4 cup basil, thinly chopped
Juice from a lemon

What To Do:

Preheat oven to 400

1. In a small bowl, combine olives, juice or orange, fennel, chili flakes and 1-tablespoon oil. Gently toss and set aside.
2. Slice off oranges' tops and bottoms, then cut away rind in strips. Working over a bowl, use a paring knife to slice into the fruit along each membrane, letting sections fall into bowl as you go. Squeeze remaining membrane over bowl to collect juice. Season sections with pinch of salt and 1 teaspoon oil.
3. Place fish on broiler pan that is covered with tinfoil. Season fish with lemon juice, salt and pepper.
4. Bake fish for 12 minutes (1" thick flesh) up to 20 minutes (2.5" thick flesh)
5. Divide orange sections and juice among four shallow bowls. Drizzle fruit with oil. Remove fish from oven and distribute fillets among bowls, nestling them into orange segments. Spoon olive mixture over fish and garnish with torn basil leaves. Serve with brown rice, barley, wheat berries, or quinoa and greens.

Adapted from Kitty Greenwald recipe